



**ST. MARGARET SR. SEC. SCHOOL  
MID TERM EXAMINATION 2024-25**

**PSYCHOLOGY**

**CLASS XII**

**SAMPLE PAPER**

**Time: 3 Hr.**

**M.M: 70**

**GENERAL INSTRUCTIONS:**

1. The question paper consist of 32 questions
2. All questions are compulsory
3. Part A - Question no 1 to 14 carries 1 mark each.
4. Part B - Question no 15 to 19 carries 2 marks each
5. Part C - Question no 20 to 22 carries 3 marks each
6. Part D - Question no 23 to 26 carries 4 marks each.
7. Part E - Question no 27 to 36 carries 1 mark each.
8. Part F - Question no 37 to 41 carries 2 marks each

**PART A**

1. Financial help during a crisis can be called\_\_\_\_\_support.
  2. Reduced level of cytotoxicity is found in people who are highly stressed. T/F
  3. Sanya tries to study during her examination and get tensed for her lack of preparation. She decides to watch TV and play mobile games instead of preparing. Which coping strategy is she using?
  4. Blocking of the needs and motives that cause hindrances in achieving the desired goals results in\_\_\_\_\_.  
a) Stress b) conflict c) Frustration d) Aggression
  5. Rahul is high on self-efficacy, he can stop bunking the day he decides to do so. T/F
  6. Sohan did not get admission in the college. He told his friends that he never really wanted it. He is using a defense mechanism called\_\_\_\_\_.
  7. Social beings desire for freedom, striving for justice and truth are the parts of whose theory?  
a) Erich Fromm b) Erick Erikson c) Carl Rogers d) J.P. Guilford
  8. \_\_\_\_\_works on reality principle.
  9. All intelligent people are creative. T/F
  10. IQ is calculated as-  
a)  $MA / CAX100$  b)  $CA / MAX100$  c)  $100 / CAX 100$  d)  $MA / 100X CA$
  11. Leena is extraverted and enjoys being with people. She always is able to converge with most people. According to Gardner, which intellectual domain does she excel in ?
  12. According to Sternberg, scientists who make new discoveries are high on \_\_\_\_\_ intelligence.
  13. Well being means maintenance and survival. T/F
- Normality is nothing more than conformity to norms. T/F

**PART B**

15. What are the characteristics of emotionally intelligent person?
16. Explain the characteristics of Type B personality.
17. How biofeedback and creative visualization can reduce stress?

18. A student blames his/her best friend for his poor performance rather than devoting time towards studies. Which coping strategy will he use? Explain.
19. How abnormality can be explained as deviation from social norms?

**PART C**

20. Explain Hans Seley's model of General Adaptation Syndrome.
- OR**
- What are the sources of stress?
21. Ali wants to become an artist even though he belongs to a family of doctors. Though his family member claims to love him, they disapprove his choice. Using Carl Roger's terminology, describe the behavior shown by Ali's family.
22. Discuss different types of Intelligence test available.

**PART D**

23. Briefly explain the historical background of abnormal behavior.
- OR**
- Explain any four anxiety disorders.
24. Suresh is under prolonged stress but effectively deals with the challenges of everyday life. What characteristics of personality he possesses. Explain
25. Explain Sigmund Freud's psychosexual stages of personality development.
26. With the help of an example, explain PASS Model of Intelligence.

**PART E**

**INSTRUCTIONS-Question No.27-36 are case based MCQ, carrying 1 mark each**  
**Read the following case and answer Q. N, 27 to 31**

Rajat is 10 years old but is still struggling to pass class 3. He has failed twice in the same class. His classmates are in class 5 now. His parents were concerned so decided to go for complete physical checkup of Rajat. They thought maybe he has a hearing or visual defect. But everything turned out to be normal. His teacher suggested to his parents that Rajat may have some other issue and it would be helpful if they meet the school counselor. The school counselor decided to get his intelligence test results to know him better. The test results showed that his mental age is 7 years.

27. What is Rajat's IQ?  
i) 100 ii) 70 iii) 90 iv) 50
28. What is the level of intellectual deficiency?  
i) Mild ii) Moderate iii) Severe iv) Profound
29. In which of the following areas he may face more problems in life?  
i) self help skill ii) communication iii) Academics iv) Social skills
30. In general, what percentage of the population is intellectually challenged?  
i) 6.7% ii) 16.1% iii) 7.6% iv) 2.2%
31. Which is the best suited test counselor would use for assessment of intelligence?  
i) Performance/ Verbal /Non- verbal ii) Individual test  
iii) Cultural Fair test iv) All of the above

**Read the following case and answer Q. N, 32 to 36**

Recently, Kerala has suffered from heavy rain and many villages were flooded. Anna's house collapsed and his farm was also damaged. Luckily his entire family member escaped unhurt. Anna was deeply hurt due to all this and became anxious. He started getting nightmares about the flood and destructions. A wise local school teacher spoke to the distressed villagers. He told them to focus on what they still have. He reminded them about the fighting spirit of Japan; How Japan faced the horrible bomb tragedy and rose up again to become one of the leading Asian countries. He advised that they should look ahead and begin the journey of rebuilding their lives now.

**32.** Which type of stress is Anna experiencing?

- i) Eustress ii) Social pressure iii) Social stress iv) Physical and environmental stress

**33.** The state government offered Rs. 10,000 to each suffering villagers. What type of support is this?

- i) Psychological ii) Social iii) Informational iv) Tangible

**34.** In these circumstances, Anna may prone to develop-

- i) SAD ii) Depression iii) PTSD iv) Bipolar disorder

**35.** Which trait of Japanese people is mentioned by the school teacher?

- i) Hardiness ii) Resilience iii) Hard work iv) Optimism

**36.** Characteristics of Hardiness can be explained as—

- i) Control, patience, mindfulness ii) Commitment, control and challenge  
iii) Challenge, control and careful iv) None of the above

**Answer Question No. 37 to 41 based on the given picture**

**37.** Which personality theory is depicted in this picture? Explain its fundamental principle.

**38.** Who has given this theory? Explain the situation well-adjusted and poorly adjusted individual?

**39.** Which therapy is suggested for above mentioned situation? Explain the key concept of the therapy.

**40.** What do you mean by fully-functioning individual?

**41.** What do you mean by self -actualization?

